

# Peacock Press



Naval Support Activity, Monterey

**JULY/AUGUST 2005**



*Welcome back to school!!!*  
**Country Music Night**  
Thursday, 14 July 2005  
In the Trident Room 1630-1900

*Dinner Special:*  
Baby Back BBQ Ribs  
Potato Salad  
Corn on the Cob  
Corn Bread

Cost: \$8.50

*For more information, call Rachel at 656-7955.*



**Race Season is Underway!!!**

ITT will have tickets to the following races approximately three weeks prior to each race:



**JULY 8-10  
2005**



**AUGUST 19-21  
2005**

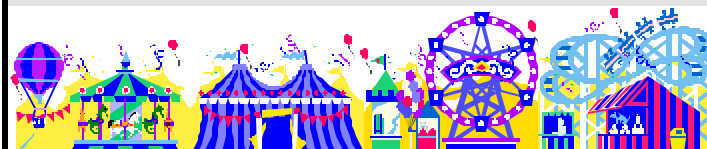


**OCTOBER 14-16  
2005**

*Ticket prices will be posted at the ITT Office or on the MWR website.*

*For more information, call 656-3223.*

## Monterey County Fair



*Check with ITT for discounted admission tickets to the Monterey County Fair August 17-22, 2005. Adults: \$5.50; Children: \$2.50.*

*For more information, call 656-3223.*

**Welcome Aboard  
New Students and families!**

**Visit our website: [www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)**



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## NAVAL POSTGRADUATE SCHOOL

RDML Patrick W. Dunne USN  
President

COL David Smarsh USAF  
Chief of Staff

Pete Dausen  
Director, Base Operations and Support

Megan Ryan  
Quality of Life Director

Darlene Raish  
Leisure Services Manager

David Stockly  
Golf Course/RV Campground  
General Manager

Roz Compagno  
Acting Child Development & Youth  
Program Director

Hugh Butler  
Executive Chef

Renee Leiva  
Catering Sales Manager

Cecilia S. Legario  
Marketing Coordinator

*The Peacock Press is a bi-monthly publication of the MWR Department, Naval Support Activity, Monterey. Information may be subject to change without notice.*

All phone numbers are in  
area code (831)



## JULY 2005 SCHEDULE OF CLASSES

### TRANSITION AND FAMILY EMPLOYMENT ASSISTANCE

**Resume Writing** - July 7: 1-3 pm, FFSC, Bldg 3 Conference Room.

**Interviewing Skills** - July 14: 1-3 pm, FFSC, Bldg 3 Conference Room.

**Electronic Job Banks** - Mon-Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

**Resume and Federal Application Review** - No appointment is necessary and available at FFSC, Bldg 1.

**Family Employment Readiness Program** - Mon-Fri, by appointment, FFSC, Bldg 1.

**Volunteer Program** - Volunteer opportunities are available at FFSC.

### FINANCIAL

**Home Buying** - July 28, 1:30-3 pm FFSC, Bldg 3, Conference Room.

**Uniform Services TSP Overview** - July 18 & 19: 12-1:30 pm, FFSC,

Bldg 3, Conference Room.

**Individual Financial Counseling:** Mon-Fri, FFSC, Bldg 1.

### PARENTING, FAMILY AND COUNSELING

**Chess Club - Building Confidence:** Beginning Class, K thru 3 grades every Wednesday from 2:30-3:30 pm, La Mesa Activity Center.

**Advanced Chess Club Class:** 4th grade and above - every Wednesday from 3:30-4:30 pm, La Mesa Activity Center.

**Toddler Group:** Every Friday 10-11 am, La Mesa Activity Center.

### INDIVIDUALS, COUPLES & FAMILY COUNSELING

Mon-Tues, Thurs, Fri: 8:30 am-4:30 pm, FFSC (upstairs)

Wed: 10 am-4:30 pm, FFSC (upstairs)

### RELOCATION, INFORMATION & REFERRAL

**Smooth Move:** Every Thurs-Fri, 9-10 am, FFSC, Bldg 1

**Call The Fleet and Family Support Center,**  
656-3060, to register.

**For full description of FFSC workshops,**  
visit the FFSC website at

<http://www.nps.edu/ffsc/index.html>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FOR PARTY RESERVATIONS AT CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p>	<p>Mon 11, 18 &amp; 25 Dinner Special El Prado Dining Room 1600-2100</p> <p><b>SEAFOOD CIOPPINO</b> Adults: \$11.00 Kids 5-10: \$5.50 Under 5 \$3.00</p>	<p>Every Tuesday Dinner Special El Prado Dining Room 1600-2100</p> <p><b>"Moist &amp; Tender" PRIME RIB</b> \$13.00</p>	<p>Every Wednesday <b>FAMILY NIGHT</b> Dinner Special El Prado Dining Room 1600-2100</p> <p><b>BRAISED BEEF SHORT RIBS</b> Adults \$9.00 Kids 5-10 \$5.00</p>	<p>Every Thursday Dinner Special El Prado Dining Room 1600-2100</p> <p><b>CHICKEN FAJITAS</b> Adults \$8.50 Kids 5-10 \$4.25</p>	<p><sup>1</sup></p> <p>EL PRADO DINING ROOM</p> <p>OPEN FOR LUNCH MON-FRI 1045-1330</p>	<p><sup>2</sup></p> <p>TRIDENT ROOM CLOSED WEEKENDS AND ALL FEDERAL HOLIDAYS</p>
<p><sup>3</sup></p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION"</p>	<p><sup>4</sup></p> <p><b>HOLIDAY</b></p> 	<p><sup>5</sup></p> <p>Dinner Special <b>"Moist &amp; Tender" PRIME RIB</b></p>	<p><sup>6</sup></p> <p><b>JUNGLE BOOK (G) 1900</b></p> <p>Dinner Special <b>BRAISED BEEF SHORT RIBS</b></p>	<p><sup>7</sup></p> <p>Dinner Special <b>CHICKEN FAJITAS</b></p>	<p><sup>8</sup></p> <p>EL PRADO DINING ROOM</p> <p>OPEN FOR DINNER MON-FRI 1600-2100</p>	<p><sup>9</sup></p> <p>CAFÉ DEL MONTE</p> <p>OPEN MON-WED 0630-1600 THURS &amp; FRI 0630-1500 LUNCH 1045-1400</p>
<p><sup>10</sup></p> <p>MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND</p> <p>PLEASE CALL 656-7563</p>	<p><sup>11</sup></p> <p><b>CONSTANTINE (R) 1900</b></p> <p>Dinner Special <b>SEAFOOD CIOPPINO</b></p>	<p><sup>12</sup></p> <p>Dinner Special <b>"Moist &amp; Tender" PRIME RIB</b></p>	<p><sup>13</sup></p> <p><b>ICE PRINCESS (G) 1900</b></p> <p>Dinner Special <b>BRAISED BEEF SHORT RIBS</b></p>	<p><sup>14</sup></p> <p><b>COUNTRY MUSIC NIGHT</b> Trident Room 1630-1900</p> <p>Featuring... THE NATE PEARCE BAND</p>	<p><sup>15</sup></p> <p>EL PRADO DINING ROOM</p> <p>OPEN FOR BREAKFAST MON-FRI 0645-0900</p>	<p><sup>16</sup></p> <p>CAFÉ DEL MONTE</p> <p>PROUDLY BREW STARBUCKS COFFEE</p> <p>GREAT PRICES! QUICK SERVICE!</p>
<p><sup>17</sup></p> <p>MONTEREY PINES GOLF COURSE OPEN DAILY AND MOST FEDERAL HOLIDAYS</p>	<p><sup>18</sup></p> <p><b>SAHARA (PG 13) 1900</b></p> <p>Dinner Special <b>SEAFOOD CIOPPINO</b></p>	<p><sup>19</sup></p> <p>Dinner Special <b>"Moist &amp; Tender" PRIME RIB</b></p>	<p><sup>20</sup></p> <p><b>SNOWDOGS (PG) 1900</b></p> <p>Dinner Special <b>BRAISED BEEF SHORT RIBS</b></p>	<p><sup>21</sup></p> <p>Dinner Special <b>CHICKEN FAJITAS</b></p>	<p><sup>22</sup></p> <p><b>NATIONAL HOT DOG DAY</b></p> <p>HOT DOG EATING CONTEST TRIDENT ROOM 1600-1800</p>	<p><sup>23</sup></p> <p>CAFÉ DEL MONTE</p> <p>OPEN FOR BREAKFAST MON-FRI 0630-0830</p>
<p><sup>24</sup></p> <p>MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK</p>	<p><sup>25</sup></p> <p><b>THE AMITYVILLE HORROR (R) 1900</b></p> <p>Dinner Special <b>SEAFOOD CIOPPINO</b></p>	<p><sup>26</sup></p> <p>Dinner Special <b>"Moist &amp; Tender" PRIME RIB</b></p>	<p><sup>27</sup></p> <p><b>A CINDERELLA STORY (PG) 1900</b></p> <p>Dinner Special <b>BRAISED BEEF SHORT RIBS</b></p>	<p><sup>28</sup></p> <p>Dinner Special <b>CHICKEN FAJITAS</b></p>	<p><sup>29</sup></p> <p>TRIDENT ROOM OPEN 1500-2230</p> <p>DINNER SERVED 1600-2100</p>	<p><sup>30</sup></p> <p>EL PRADO DINING ROOM CLOSED WEEKENDS AND ALL FEDERAL HOLIDAYS</p>
<p><sup>31</sup></p> <p>MONTEREY NAVY FLYING CLUB OFFICE HOURS MONDAY TO FRIDAY 0900-1700</p>	<p>MOVIES ARE OFFERED AS LISTED ONLY</p>	<p><i>"Navy Regulations prohibit patrons from bringing food or beverages into food and beverage facility from outside sources.</i></p> <p><i>Thank you for your cooperation."</i></p>		<p>TRIDENT ROOM OPEN 1500-2230</p> <p>DINNER SERVED 1600-2100</p>	<p>IIT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS &amp; FEDERAL HOLIDAYS</p>	<p>MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 0800-1600 SUN: 1100-1600 CLOSED ALL FEDERAL HOLIDAYS</p>

Dinner Specials served in the El Prado Dining Room  
Monday - Thursday 4:00-9:00 p.m.

**JULY/AUGUST  
MONDAY DINNER SPECIAL**



**FRESH SEAFOOD CIOPPINO**

*with Shrimp, Calamari, Crab and Mussels,  
Fresh Caesar Salad and Garlic Bread*

Adults \$11.00 Kids 5-10 \$5.50 Under 5 \$3.00

**JULY/AUGUST  
TUESDAY DINNER SPECIAL**  
**SLOW ROASTED PRIME RIB**



**"Moist and Tender"  
with Aus Jus**

**accompanied with Horse  
Radish, Baked Potato,  
Sour Cream and  
Chef's choice dessert**

**only \$13.00**

**FAMILY NIGHT EVERY WEDNESDAY**

**JULY/AUGUST  
DINNER SPECIAL**

**BRAISED BONELESS  
BEEF SHORT RIBS**

*served with Roasted Potato Wedges  
and Fresh Vegetables.*

Adults \$9.00 Kids 5-10 \$5.00  
under 5 is free

**JULY/AUGUST  
THURSDAY DINNER SPECIAL**

**CHICKEN FAJITAS**

*served with Black Beans,  
Spanish Rice and Salsa*

Adults \$8.50 Kids 5-10 \$4.25



**Cafe Del Monte**



**We Proudly Brew  
STARBUCKS COFFEE**



**Great prices!  
Quick service!**

Café Del Monte is located next to the Knox Library. Open Mon-Wed 0630-1600; Thurs & Fri 0630-1500; Closed weekends and all federal holidays. Open for breakfast 0630-0830; lunch service 1045-1400.

For more information, call 656-2170.

**The following MWR facilities will be closed  
on Monday, 4 July 2005 in observance of**

**Independence Day**

**ADMINISTRATION AND CATERING OFFICES**

**CAFÉ DEL MONTE**

**CHILD DEVELOPMENT CENTER**

**CLUB DEL MONTE**

**INFORMATION TICKETS & TOURS**

**MWR BUSINESS OFFICES**

**MONTEREY BAY ATHLETIC CLUB**

**TECH CONNECTION/TEEN & YOUTH CENTER**

**THE MONTEREY PINES GOLF COURSE AND  
RV CAMPGROUND WILL BE OPEN!**

**HAPPY HOLIDAY!**



## **Single Sailors**

### UPCOMING EVENTS

**Great America Amusement Park, Santa Clara - Saturday, 16 July 2005.** Cost: \$10.00 single sailors and geo bachelors; \$35.00 guest and all other military. Sign up at the ITT Office by Monday, 11 July 2005. Cost includes ticket and transportation. Pick up in front of the NPS Exchange at 0830.

**Deep Sea Fishing Trip, Randy's and Fisherman's Wharf - Sunday, 24 July 2005.** Cost: \$10.00 single sailors and geo bachelors; \$45.00 guest and all other military. Cost does not include equipment or fishing license (can be purchased or rented at Randy's). Sign up at the ITT Office by Monday, 18 July 2005. Meet at Randy's on Fisherman's Wharf at 0610.

**BEQ Cookout - Wednesday, 3 August 2005 at 1630.** Come join us for a good ol' Cook Out at the BEQ. Just bring your appetite!!! Hamburgers, Hot Dogs, Chips & Salsa, Potato Salad, Baked Beans and Soda.

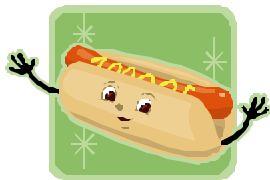
**White Water Rafting, American River - Friday, 19-21 August 2005.** Enjoy class 3 rapids all day Saturday and Sunday morning - 11 miles of pure radical fun to be found on the South Fork of the American River. Cost: \$40.00 single sailors and geo bachelors; \$149.00 guest and all other military. Cost includes: Camping equipment, rafting equipment and transportation. Coolers are available for any food and drinks you need to bring. Sign up at the ITT Office by Monday 15 August. Pick up in front of the NPS Exchange at 1715.

For more information, call 656-7955.

## Community Activities

### NATIONAL HOT DOG DAY

Yup...that's right, a day set aside for HOT DOGS!!!



Join MWR in the Trident Room on Friday, 22 July 2005 1600-1800 for Hot Dog Eating Contest.

Build your own Hot Dog and much more!

### CHICKEN GUMBO NPS CHEF COOK OFF

Join MWR for this tasty cook-off on Thursday, 11 August 2005 at 1600 and be the judge!

Live Entertainment will be provided by...

**ALLIGATOR**  
Man of Monterey

For information call 656-7955.



### Outdoor Recreation

**Presidio of Monterey**  
Bldg. 228, Lewis Hall, POM  
Open M-F 10:30 am - 2 pm & 3-6 pm  
Tel: (831) 242-6133/5506  
Check out [www.pom-odr.com](http://www.pom-odr.com)  
for current information

### ADVENTURE SPORTS

July 2	Surf Safari	\$149.00
July 4	Sunset Kayak & Fireworks	\$40.00
July 9	Big Sur Bouldering	\$20.00
	Mountain Bike Fort Ord	\$25.00
July 15-17	White Water Rafting	\$149.00
July 23-24	Water Ski Lake San Antonio	\$149.00
July 23	Kayak/Snorkel Monterey Bay	\$40.00
July 30	Rock Climb Castle Rock w/ BOSS	\$50.00
	Pinnacles Rock Climb and Hike	\$45.00
August 5-7	Surf Safari	\$149.00
August 13	Kayak/Snorkel Monterey Bay	\$40.00
August 14	Mountain Bike Fort Ord	\$25.00
August 19-21	White Water Rafting	\$149.00
August 27	Castle Rock Climb	\$50.00

### ENVIRONMENTAL CAMPING & BACK PACKING TRIPS

Andrew Molera State Park	\$45.00
Sykes Hot Springs	\$30.00
Dinky Lakes in the Sierras	\$99.00
Kayak/Snorkeling Experience	\$40.00
Group or Company Beach Party	\$10.00-\$35.00

### POM LODGING

Have your out of town guests stay at Army Lodging! All are welcome to make reservations one year in advance, through the end of the current fiscal year. Military members traveling on official orders have priority. The Lodging Office offers continental breakfast with a scenic view of Monterey Bay.

To make reservations or for more information call POM Lodging at (831) 645-1199 or visit us on the web at [www.pomlodging.com](http://www.pomlodging.com)

### PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community by appointment only  
Call 242-7718 to verify hours and eligibility.

The Presidio of Monterey Veterinary Treatment Facility offers vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, please contact your local Veterinarian.

### Navy Lodge

*The Spirit Of Hospitality*



In celebration of the 35th anniversary of the Navy Lodge, you can earn one gift certificate for a FREE night stay at any Navy Lodge within the U.S. for each three nights stay during your PCS move.

For more information about this offer, please call 1-800-NAVY-INN or visit our website at [www.navy.lodge.com](http://www.navy.lodge.com).



**Located in**  
**HERRMANN HALL**  
near the  
**QUARTERDECK**

Open  
Monday-Friday  
9:30 a.m. ~ 1:30 p.m.  
2:30 ~ 4:30 p.m.

Closed Weekends  
and  
Federal Holidays

JULY	UPCOMING ITT TOURS	PRICE
2	Hornblower Dinner Cruise	\$80.00
9	Best of Broadway: "LES MISERABLES"	\$50.00
16	San Francisco Get Acquainted	\$30.00
23	Baseball: San Francisco Giants vs. Florida Marlins	\$45.00
30	Pinnacles Rock Climb and Hike	\$45.00
AUGUST		
6	Pier 39 Alcatraz Tour	\$45.00
13	Monterey Local Wine Tour	\$39.00
13	Football: San Francisco 49ers vs. Oakland Raiders	\$60.00
20	Winchester Mystery House Tour	\$30.00
27	Raging Waters Tour	\$39.00
SEPTEMBER		
2-5	San Diego, Sea World, SD Zoo, Hornblower Cruise	\$300.00
3	Baseball: Oakland A's vs. New York Yankees	\$45.00
10	San Francisco Get Acquainted	\$25.00
17	Best of Broadway: Wizard of Oz	\$65.00
24	Hearst Castle	\$45.00

## Local Area Amusement Parks!



**Bonfante Gardens** discount ticket prices: \$21.00 for ages 7-64 and \$18.00 for ages 3-7 and 65+.

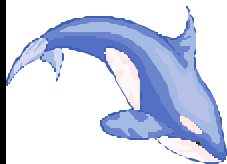
**Great America** discount ticket price: \$25.00 for ages 3 and up.

**Santa Cruz Boardwalk** discount ticket price: \$20.55 for all ages.

**Six Flags Marine World** discount ticket price: \$24.00 for all ages.

**Raging Waters** discount ticket price: TBA

## DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$21.00 for adults and \$16.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

## SEA WORLD MILITARY SPECIAL



"Here's to the Heroes" free ticket promotion until December 31, 2005. For active duty, reserves and up to three family members. Call or stop by the ITT Office for details.

## ENTERTAINMENT BOOKS

Just a few left!



The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attractions, and more! The 2005 Entertainment Books sell for \$16.00, regularly \$20.00.

**Resort Condos for \$249 per week**



A Space Available Voucher Program

How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week, the Armed Forces Club offers condo unit rentals at selected resorts located all around the world. Stop by ITT for more information or go to [www.afvclub.com](http://www.afvclub.com)

## OAKLAND A'S BASEBALL TICKETS ON SALE!



Tickets are \$14.25 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by the ITT Office or call 656-3223 for more information.

## SPORTS

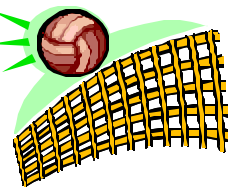


### SOFTBALL LEAGUE

**When:** League starts July 11, 2005  
**Where:** NPS Sparks Field  
**Days:** Monday-Thursday  
**Time:** 1800, 1900, 2000, 2100  
**Rosters due:** July 6, 2005

### VOLLEYBALL LEAGUE

**When:** League starts July 12, 2005  
**Where:** Gym  
**Days:** Tuesdays and Thursdays  
**Time:** 1800, 1900, 2000  
**Rosters due:** July 5, 2005.



### SOCCER LEAGUE (8 A SIDE)

**When:** League starts July 16, 2005  
**Where:** Hilltop Field, DLI  
**Days:** Every Saturday  
**Time:** Varies



### BEACH VOLLEYBALL TOURNAMENT

*Coming in August!*

Open to military, family members, reservists, retired, DOD civilians and government contractors.

**Call 656-2497 for more details.**

## PERSONAL TRAINING IS AVAILABLE FOR OUR PATRONS

Get motivated and make sure your bio-mechanics have been checked out by our personal trainers. Ann Nyman and Dana White are our "NEW" resident Certified Personal Trainers. They are available by appointment.

Personal training fees are \$20.00 for a half hour, \$40.00 for an hour or \$225.00 for 6 one-hour sessions.

## THERAPEUTIC MASSAGE



(Male or Female therapist now available)  
 Help improve performance, decrease pain and promote relaxation!

**Fees:** \$60.00 for 60 minutes massage session.  
 \$90.00 for 90 minutes massage session.

**For appointments, please call 656-3118.**



## EXECUTIVE BOOTCAMP PROGRAM

4 August - 29 September 2005

Every Thursday 1100-1200

Cost: \$25.00 military \$35.00 DOD civilian

Improve your workout routine or learn how to workout on your own schedule. Attend a nine week weight loss-strength training class (lecture only) every Thursday for cardiovascular & weight training & nutrition education. A registered dietitian will lecture for the nutrition lectures. IF you lose an agreed amount of body fat, you get half the entry fee back. Class attendance is optional. Take the challenge!

## FITNESS EDUCATIONAL CLASSES

Every Thursday 1100 - 1200

August 18 - Cardiovascular Training

August 25 - Strength Training

September 1 - Nutrition Guidelines

September 8 - Cardiovascular Program Development

September 15 - Strength Training Techniques

September 22 - Nutrition Strategies

## NEW HEALTH & WELLNESS COMPUTERIZED PHYSICAL ASSESSMENTS (SMALL OR LARGE)

The small assessment consists of a body fat measurement, VO2 sub-max test, strength and flexibility test. A large 25 page assessment consists of a health risk questionnaire (heart, cancer & diabetes), nutrition assessment/meal planner, body fat measurement, VO2 sub-max test (cardiovascular), strength, flexibility test, strength prescription and a cardiovascular workout plan. All tests and prescriptions are administered by a certified Fitness Specialist/trainer. Call for an appointment at 656-1943.

COST	SMALL	LARGE
Military, includes reserves	FREE	\$15.00
Family members & retirees	\$5.00	\$20.00
DOD civilians	\$8.00	\$25.00

**YOGA.** Every Tuesday 0845-0945 and every Friday 0800-0900. Cost: Military - FREE; family members & retirees \$12.00 eight classes, \$20.00 sixteen classes; DOD \$16.00 eight classes, \$28 sixteen classes. Enhance your concentration, stability, strength and vitality. Improve your memory and enhance your existing workout with proper stretching. Certified instructor, Loy Vincent.

## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:30 AM					CARDIO KICK
8:00 AM					YOGA
8:45 AM		YOGA			
11:00 AM	MASCULAR POWER FLEX		MASCULAR POWER FLEX		
12:00 PM	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
4:30 PM		MASCULAR POWER FLEX		MASCULAR POWER FLEX	
5:30 PM	SPIN	STEP	SPIN	STEP	
6:30 PM		CAPOEIRA		CAPOEIRA	





## Child Development Center

*"CDC is the place to be!"*

*If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.*

*Our Life Skills Readiness Part Day Preschool Program is getting ready to roll for Summer Fun. Summer Session dates are July 5 - July 29. Developmentally appropriate programming for 3 to 5 years olds is offered in either two day, three*

*day or five day morning sessions from 9:00-11:30 am. Come join the fun - we've got lots of great activities planned.*

*The Child Development Center will be offering before school care for children ages 5-11 (Kindergarten-fifth grade) from 7:30 am - 8:00 am.*

*The Kindergarten after school program at the Child Development Center will relocate and join the school age program at the Tech Connection, (Youth & Teen Center).*

*Registration for both programs begins July 19, 2005 for the fall school year.*

*We are currently enrolling for our fall Life Skills Readiness Part Day Preschool Program. Fall session begins August 8, 2005. For more information please call 656-2734 and ask for Maria.*



*The Child Development Home program offers Navy certified care by military family members in their homes.*

*Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!*

*The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!*



### GROWING CHILDREN'S NEEDS

*Children are as fragile as the petals of a rose.  
Their need for love and guidance will go on  
each year they grow.*

*Walk lightly through the flowers making certain they have room. For if you overcrowd or step on them you may never see them bloom.*

*Nurture them with kindness as you see to all their needs. Treat children as you would a plant you've started from a seed.*

*The fruit of all your labor will be sweet and bring you pride. For guidance builds good children when it's tenderly applied.*

### EMPLOYMENT ANNOUNCEMENT

*The Child and Youth Programs Department is seeking enthusiastic and professional people interested in working with children ages 6 weeks - 16 years old. Must be 18 years of age and be able to work flexible hours.*

*For more information, please call the Child Development Center at 656-2734 or the Tech Connection Youth and Teen Center at 656-2127.*

*All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.*





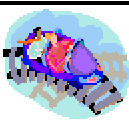

## JULY/AUGUST 2005 SCHEDULE OF EVENTS



**BOYS & GIRLS CLUBS  
OF AMERICA**

*The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America..*

## SUMMER CAMP JULY 2005 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>BOWLING</b> 1300-1600
4 <b>HOLIDAY</b> CLOSED	5 <b>SWIMMING</b> 1330-1630	7 <b>SANTA CRUZ BEACH BOARDWALK</b> 1000-1700	8 <b>FROG DAY</b>	9 <b>SKATING</b> 1400-1630
11 <b>SWIMMING</b> 1330-1630	12 <b>STUFFED ANIMAL DAY</b>	13 <b>MARINE WORLD</b> 0900-1800	14 <b>GAME DAY</b>	15 <b>SKATING</b> 1400-1630
18 <b>SWIMMING</b> 1330-1630	19 <b>TIE DIE DAY</b>	20 <b>RAGING WATERS</b> 0900-1700	21 <b>GREAT OUTDOORS</b>	22 <b>OVERNIGHT CAMPING TRIP 0930 BACK TO YOUTH CENTER AT 1130 (SAT)</b>
25 <b>SWIMMING</b> 1330-1630	26 <b>COOKING DAY</b>	27 <b>BONFANTE GARDENS</b> 0900-1700	28 <b>LUAU DAY</b>	29 <b>BOWLING</b> 1300-1600

### TECH CONNECTION SOCCER



Season runs August-October 2005  
Register by July 8, 2005  
Age categories: 4-5, 6-7, 8-9, 10-11, 12-14.  
Cost: \$40.00 per child (includes t-shirt, sports banquet & trophy)  
Open to military and DOD family members only.  
Game sites: La Mesa Village & Porter Youth Center, Ord Community

*We also provide a one (1) day sports camp for each of the sports, three (3) weeks prior to the season. (If you would like to participate, please indicate so on your registration form). Cost \$10.00 per child.*

*For more information, please call 656-2127.*



### TENNIS LESSONS

*with Jimmie Brooks*



#### Monday/Wednesday

Ages 6-8 - 3:30-4:30 pm Ages 9-12 - 4:30-5:30 pm

#### Tuesday/Thursday

Ages 6-8 - 3:30-4:30 pm Ages 9-12 - 4:30-5:30 pm  
Ages 13-15 - 5:30-6:30 pm

*Open to military and DOD families. Minimum 4 students per class. Maximum 7 students per class*

*Cost: \$72.00 per eight lessons*

*Private lessons are available by appointment.*

*Cost: \$35.00 per hour*

*To register call the Tech Connection at 656-2127.*



*The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.*

[www.navyflyingclubs.com/monterey](http://www.navyflyingclubs.com/monterey)

## MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

## Want to earn your pilot's certificate?

*You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.*

**Ground and Flight Instruction: \$25.00/hour.**

**COST SHARING:** *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

## AIRCRAFT RENTAL RATES



**Beech (T-34) \$100.00**



**Cessna 152 (IFR) \$54.00**



**Cessna 172 (IFR) \$70.00**

**All rates are on an hourly basis including fuel.**

# Bluewater Cove Marina



## NPSSA OFFERS

- Sailing lessons for members
- Racing Events
- Cruising
- Social Events

## HANALEI II

*Sailing season is well underway! If you are interested in going out on a 2 hour cruise, we are now taking reservations. Sails schedules are 1730-1930 on Wednesdays and 1300-1500 on Saturdays. The price is \$40.00 to be shared equally among all of the passengers.*

*To make reservations, please call Cecelia Childers at 656-3818.*

## Naval Postgraduate School Sailing Association

*NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty, retired personnel and DOD civilians.*



## MWR ADVISORY BOARD TO MEET WEDNESDAY 6 July 2005

*The next MWR Advisory Board Meeting is set for Wednesday, 6 July 2005, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.*

*All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.*

*This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.*

*For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.*





*PGA golf instruction available*



**DAVID STOCKLY**  
PGA Member



## MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



### FOOD SERVICE OPERATION

*Monday - Thursday  
7:30 am - 5:00 pm*

*Friday, Saturday & Sunday  
6:30 am - 6:00 pm*

*19th Hole Grill offers breakfast and lunch daily.  
Come by for a treat from Jim Vose.*

*For more information, please call 656-2167.*

## MONTEREY PINES RV CAMPGROUND

*Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.*



### \*About Our Park

*Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.*



## ONE MAN SCRAMBLE GOLF TOURNAMENT

*Thursday, 22 July 2005*

*Start time: 4:00 pm*

*The tournament will be a 9 hole qualifier for the October event at Poppy Hills. Sign up in the pro shop or call 656-1087 with questions. Entry fee is \$30.00. Go to [Oneman-scramble.com](http://Oneman-scramble.com) for more information.*

## SPECIAL ANNOUNCEMENT!

*Navy collection private labeled golf shirts are on the way and will be available for men and women.*

*Don Martin Gun Metal Sand Irons are \$43.00.  
Get them while they last.*

*For more details, call 656-2167.*



## FREE CLUBFITTINGS

*Every Saturday 9:30 am - 1:00 pm*

*Featuring Ping and Tour Edge fitting carts.  
Fitting done by*

**DAVE STOCKLY**

*PGA Professional/Certified Club Fitter*

## NSA, MONTEREY (Area Code 831)

**MWR ADMINISTRATIVE OFFICES** - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

**EL PRADO DINING ROOM** - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

### Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays  
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays  
Lunch: 10:45 a.m. - 1:30 p.m. Weekdays  
Dinner: 4:00 - 9:00 p.m. Monday - Friday

**TRIDENT ROOM** - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

**Beverage Service :** 4:00 - 10:30 p.m. Monday - Wednesday  
3:00 - 10:30 p.m. Thursday & Friday  
**Dinner Service :** 4:00 - 9:00 p.m. Monday through Friday

**CLUB DEL MONTE/CATERING SALES OFFICE** - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

**CAFÉ DEL MONTE** - Located next to Knox Library. Open Monday-Wednesday 6:30 a.m.-4:00 p.m.; Thursday & Friday 6:30 a.m.-3:00 p.m.; Closed weekends and all federal holidays. Open for lunch 10:45 a.m.-2:00 p.m.

**INFORMATION TICKETS & TOURS** - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

**CHILD DEVELOPMENT CENTER** - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

**CHILD DEVELOPMENT HOMES** - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

**MWR BUSINESS OFFICE** - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

**TECH CONNECTION** - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

**MONTEREY BAY ATHLETIC CLUB** ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

**MONTEREY PINES GOLF COURSE** - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

**MONTEREY PINES RV CAMPGROUND** - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

**MONTEREY NAVY FLYING CLUB** - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

**BLUEWATER COVE MARINA** - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 656-3818/656-3118.

**MWR MARKETING OFFICE** - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

**THE FLEET & FAMILY SUPPORT CENTER** - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

**NAVY EXCHANGE TELEPHONE NUMBERS** - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

**NAVY LODGE** - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

**NPS U.S. POST OFFICE** - Open Monday through Friday, 9:30 a.m.-3:30 p.m.. Tel: 333-1734.

**EAGLE'S EYE GALLERY** - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



## Peacock Press

Morale, Welfare and Recreation Department  
Naval Support Activity, Monterey  
1 University Circle  
Monterey, CA 93943-5000

**CHECK OUT MWR'S WEBSITE!**  
[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)